



Foote Wellness Center

1100 E. Michigan Ave.

Jackson, MI. 49201

(517) 788-4867

Foote Wellness Center will offer State of Michigan employees the following discounted rate upon showing your employee ID:

\$102.00 every three months or

\$330.00 per year

Membership includes:

- All scheduled classes (see below for descriptions & schedules)
- Locker rooms with many amenities
- Dry sauna in each locker room
- Whirlpool
- One-on-one orientation with a Fitness Specialist

Employees **55 years old or older** who join Foote's Silver Lining Program may receive a deeper discount of **\$73.00 every three months or \$248.00 per year!**

Hours:

Mon - Fri	5 a.m. - 8 p.m.
Sat	7 a.m. - 12 noon

<http://www.footehealth.org/>

Class Descriptions

AEROBICS: Cardiovascular workout designed for all fitness levels (without step).

FLEXIBILITY & BALANCE: This class is designed for core strength and stabilization while improving balance, posture and flexibility. All done in a soothing, relaxing environment.

GLIDING: NEW!!! "It's a unique sliding disc exercise program that provides a full-body toning and sculpting workout, particularly for the buns and thighs..." –Women's Health & Fitness, Feb. 2005

PERPETUAL MOTION: Group cycling at its finest. Designed so that individuals of all fitness levels can get a great cardiovascular workout. Be sure to come a little early and bring your water!

PUMP & CYCLE: A dynamic combination of Perpetual Motion and Weight Training.

STEP AEROBICS: Cardiovascular workout designed for all fitness levels.

SUPER SENIORS: Designed for the mature exerciser. Work in a controlled environment to increase strength, flexibility and endurance.

TURBO JAM: This class will be experienced via DVD. A recent university study showed that you can burn over 700 calories in just one 45-minute Turbo Jam workout. That's nearly twice as effective as walking, jogging, yoga/Pilates, and even circuit training! Plus, Chalene's "Elite 11" signature moves are proven to burn fat and give you a sleek, sexy body and ripped, rock-hard abs. This is a great opportunity to get together (www.beachbody.com)

WEIGHT TRAINING: Designed for all levels of fitness and experience. Tone major and minor muscle groups using different types of resistance techniques such as free weights, bands and balls.

YOGA: Exercises and postures intended to promote control of the body and mind and to attain physical and spiritual well-being.

Instructors

AH=Amy Herrick

AR=Amy Rucinski

CH=Carmen Hinkle

DM=Dorthi McConnell

EC=Eric Case

JJ=Julia James

JL=Jennifer Lenon

JR=Julie Robinson

JW=Jim White

KO=Karen Olmos

LV=Lisa VanDam

MW=Michelle Woods

Foote Wellness Center Class Schedule

Winter 2006

Monday

AM

Perpetual Motion (LV)

5:15-6:00

Weight Training (LV)

6:00-6:30

Weight Training (MW)

8:30-9:15

Perpetual Motion (MW)

9:20-10:05

Super Seniors (JL/EC)

10:15-11:00

Flexibility & Balance (JL)

11:05-11:35

PM

Perpetual Motion (JL)

12:05-12:35

Yoga (JJ)

4:30-5:15

Tuesday

AM

Stretching (JW)

5:30-6:00

PM

Turbo Jam via DVD (JL)

12:05-12:45

Perpetual Motion (JR)

4:30-5:15

Aerobics (DM)

5:30-6:15

Wednesday

AM

Perpetual Motion (LV)

5:15-6:00

Weight Training (LV)

6:00-6:30

Weight Training (MW)

8:30-9:15

Super Seniors (EC)

10:15-11:00

Flexibility & Balance (JL)

11:05-11:35

PM

Weight Training (EC)

12:05-12:35

Gliding (CH)

4:45-5:15

Yoga (JJ)

5:30-6:15



Thursday

AM

PM

Turbo Jam via DVD (JL)

12:05-12:45

Perpetual Motion (AH)

4:30-5:15

Step Aerobics (DM)

5:30-6:15

Friday

AM

Pump & Cycle (LV)

5:15-6:00

Gliding (AR)

6:00-6:30

Weight Training (MW)

8:30-9:15

Perpetual Motion (MW)

9:20-10:05

Super Seniors (JL)

10:15-11:00

PM

Pump & Cycle (JL)

12:05-12:35

Saturday

AM

Perpetual Motion (AH & JR)

8:00-9:00

See page 2 for Class
 Descriptions